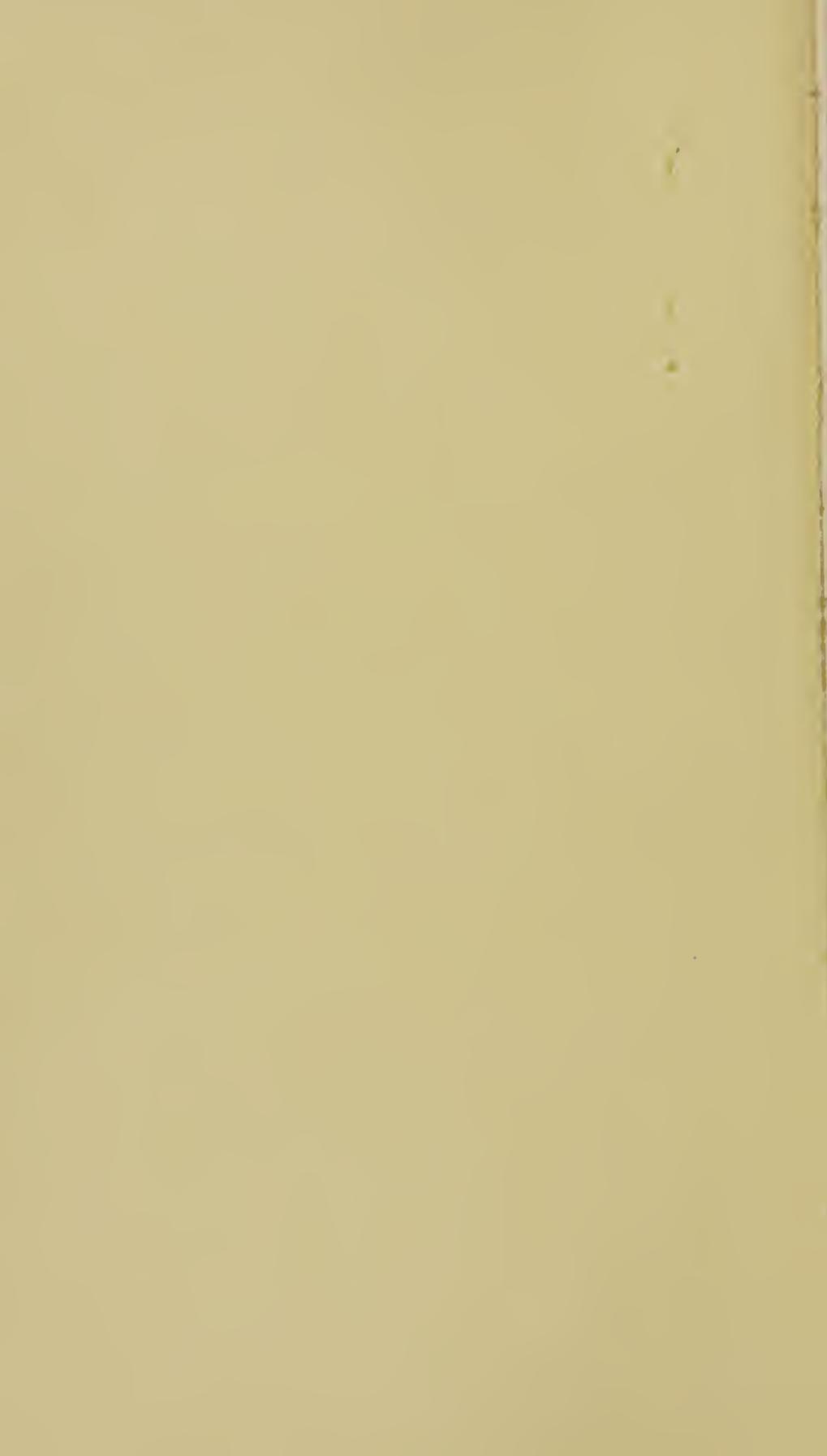


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War Department
Surgeon General's

by 30th, 1873.

To the Superintendent of the
Wyoming Water Cure Institute
Wyoming, W.Y.
Sir:

I have the honor to request that the Library of
this office may be furnished with a complete set of the
reports of your institution.

Packages may be forwarded by express at the expense
of this office; or, if sent by mail, please state the cost of
postage and the amount will be turned to you at once.

Hoping to hear from you, I remain,

Very respectfully,

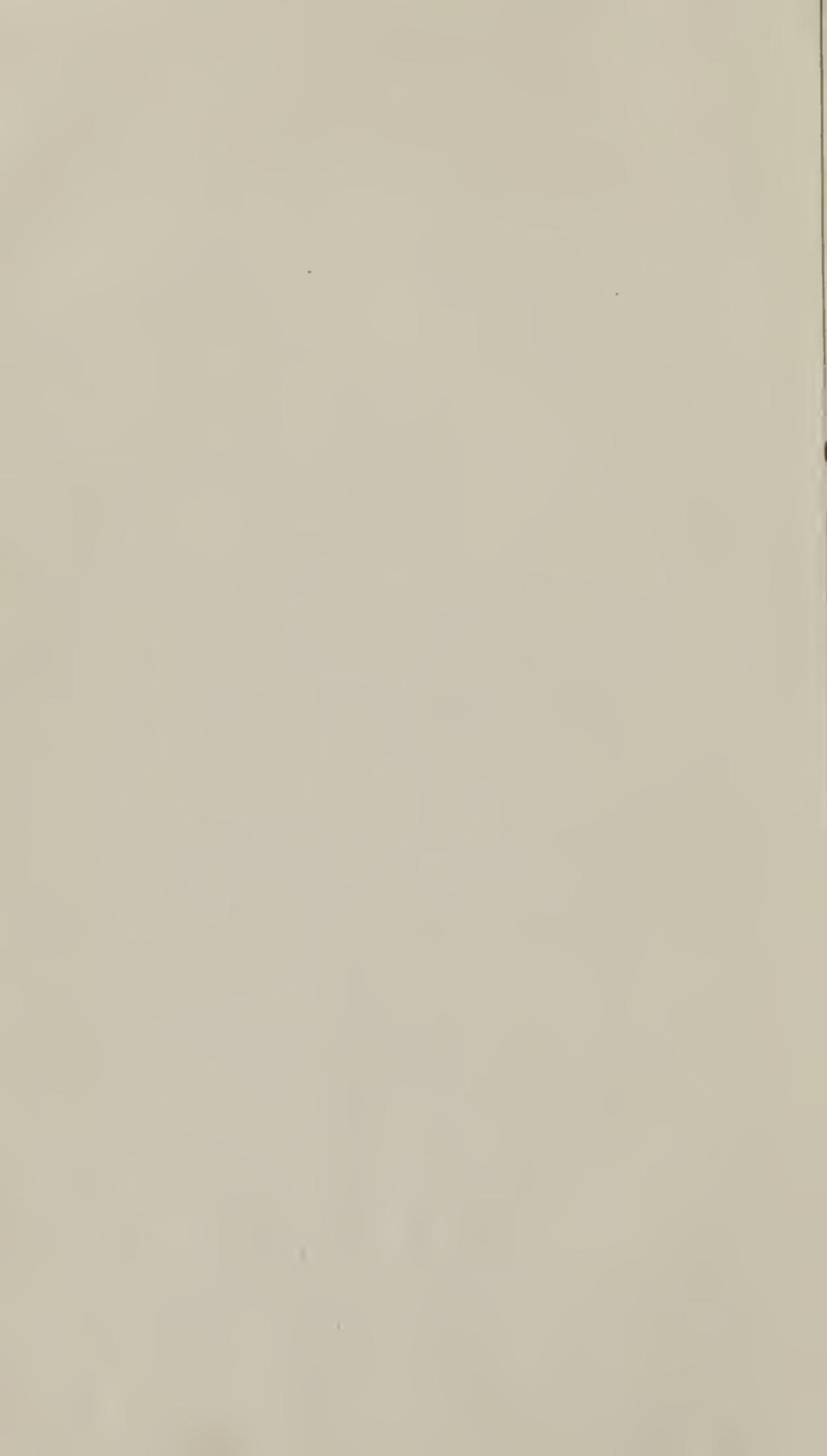
J. G. Brown,
Surgeon

M. Willing,

Ass't Surgeon, W.Y.

L. Marian, D.G.O.

No water cure Institute
at this place. The concern
failed many years ago & has
never been re-established



A REPORT

OF THE

WYOMING WATER-CURE INSTITUTE,

INCLUDING CASES

Created at Greenwood Springs Water-Cure,

COMPRISING

A SYNOPTICAL VIEW OF 377 CASES

TREATED BY P. H. HAYES, M. D.



BUFFALO:
JEWETT, THOMAS & CO., PRINTERS.

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Wyoming, N.Y. Wyoming Water-Cure Institute

A REPORT

OF THE

WYOMING WATER-CURE INSTITUTE,

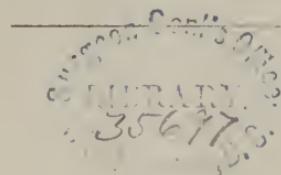
INCLUDING CASES

Treated at Greenwood Springs Water-Cure,

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A SYNOPTICAL VIEW OF 377 CASES

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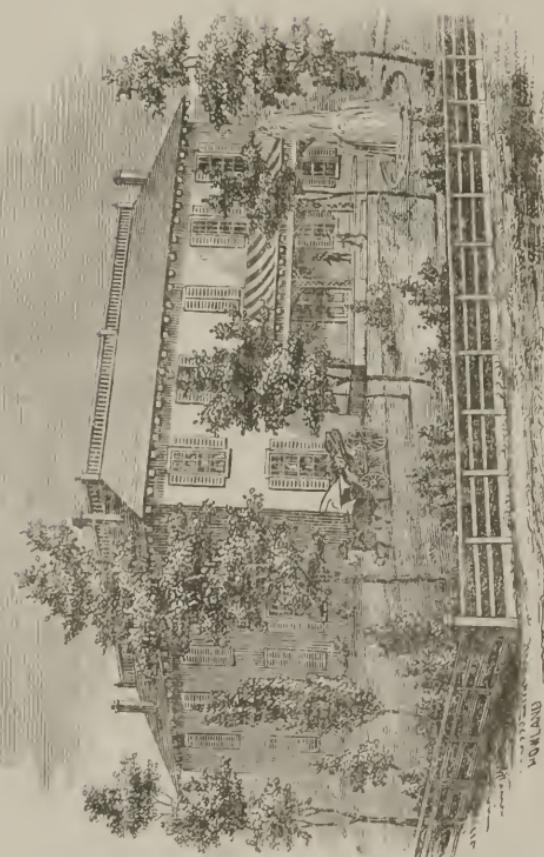


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WYOMING WATER-CURE INSTITUTE.

P R E F A C E.

THE following report is given to the public with the hope that it may aid in answering, in a truthful and comprehensive manner, the numerous inquiries made concerning the nature and processes of the water cure, and its merits and results as a system of hygienic and curative practice.

In addition to all the light which later researches have thrown upon the normal powers and actions of life, and the manner in which these are affected by external objects and influences, it is still indispensable to the advancement of the noble art of healing, that there be a progressive accumulation of facts respecting the powers, qualities, and effects of remedies in disease.

The use of *water* as a remedy, is as old as the records of medicine, and every age has witnessed its more or less extensive employment in medicine and surgery. The discoveries of Vincent Preissnitz, his immense experience and great success, have, however, vastly increased the importance of this agent, and wonderfully extended its usefulness in the treatment of disease.

Within a few years, a large number of thorough-bred physicians, in England and the United States, have engaged in the practice of water cure, and have materially modified and mollified the bold treatment of Preissnitz; while some things in his practice have fallen into disuse. It is in defence of the system, thus modified and practiced, and to commend to all a still greater reliance upon the medical virtues of water, that the author has brought together, in the following pages, a considerable collection of facts and illustrations from his own experience. Opposition to these doctrines has, in some quarters, been strong and determined; and ridicule has not been spared to avert public favor, hinder investigation, and arrest the increasing failure of confidence in blue pills and the lancet. Those who are utterly ignorant of the appliances of the treatment, and their skillful administration, and those with whose settled interests it is at war, are not unfrequently violent in their condemnation. Their arguments are ridicule rather than reason, and the cry of quackery rather than an appeal to facts.

The author cannot resist the belief that the medical profession, as a body, are unreasonably intolerant, and too jealous in maintaining from innovation a system of practice which, in the eyes of some of its most learned adherents, has many glaring faults, not to say absurdities.

This spirit has wofully retarded progress in the science of healing. Forty years ago, we traveled with horses, coaches, and sailing vessels; now, our heaviest ships, without sail or oar, boldly stem the strongest tides, and a thousand of us together can ride over the country by steam, and leave the winds behind. Forty years ago, doctors of medicine bled, blistered, and mercurialized; they do so still; the effects upon the human constitution are often disastrous; where is the better way? In all ages of the world, ignorance and intolerance have battled progress; and the earnest sons of science have been persecuted, and their discoveries ridiculed and disowned, until later times could understand and appreciate them. New, and great truths make slow and difficult progress, when they unsettle any considerable portion of the notions and opinions men have formed, and which have become the stock of their understandings. Socrates proved and opposed the unity of God to the Pantheism of the Greeks; for which he was compelled to drink the hemlock. Gallileo was brought to trial for espousing and defending some of the first truths of astronomy. Newton discovered the compound nature of light, and met a host of eager opposers. Our own Robert Fulton was laughed at and ridiculed, while maturing his plans and operations for steam navigation. In the history of medicine, similar illustrations are by no means wanting. Peruvian Bark, and its preparations, are among the most valued and constantly employed medicines; yet, when bark was introduced into the *materia medica*, in the seventeenth century, "its use met with the most violent opposition, even from physicians of the highest authority." (See Watrous's *Practice of Physic*, p. 460.) Vaccination, which Prof. Dunglison says, "is now practiced everywhere, except among those in whom ignorance and prejudice excluded the light of reason and philanthropy," (see Dunglison's *Med. Dictionary*, Article *Vaccina*,) had to make headway against cavils and falsehoods. The immortal Harvey, who discovered the circulation of the blood—a discovery of incalculable importance to the sciences of physiology and pathology, and second to none ever made in medicine—met with great obloquy, "and his practice in London diminished extremely, from the reproach drawn upon him by this great and signal discovery." And what is quite to our purpose, "it was remarked that no physician in Europe, who had reached forty years of age, ever to the end of his life, adopted Harvey's theory of the circulation

of the blood." (See Hume's History, vol. v., p. 532; Philips & Samson's edition.) With such illustrations in mind—and history is full of them—and with our eyes open to the wonderful and unprecedented progress of the arts and sciences in the nineteenth century, is it not almost impossible to say what is impossible; and especially in the medical or healing art, which is wholly built upon experiment?

It has doubtless greatly injured the water cure, in public confidence, that many incompetent persons have publicly undertaken its practice: persons who, without thorough medical education, have *coolly assumed* the title of Doctor, and experience enough to *begin with*, while patients have, without judicious counsel, or none at all, undertaken the treatment at home. In these instances, if harm has been done, it is very likely to be charged to the water itself, and not to its unskillful administration.

To give additional interest to the following report, brief sketches of the nature and causes of the different classes of disease have been prefaced to the cases reported at length; and the author's only apology for not having been more specific in all cases, in stating the precise mode of treatment, is that in some it was inadmissible; and if done in all others, would have greatly encumbered the following pages, without adding materially to their interest or value. A considerable number of cases embraced in the tables, have come under my care and treatment by the advice of distinguished physicians in different parts of the country. To them, and to many others with whom I have had pleasant intercourse on medical subjects, I here take occasion to express my sincere thanks for the uniform politeness with which they have treated me personally, and for the large degree of favor they have entertained for a more extended and rational employment of water as a therapeutic agent.

P. H. HAYES.

WYOMING WATER-CURE, April, 1853.

REPORT.

SYNOPTICAL TABLE

Of 377 Cases treated at the Greenwood Springs and Wyoming Water-Cures.

ACUTE CASES.	Whole No.	Cured.	Died.
Bilious Fevers,	6	6	0
Common Continued Fevers,	14	14	0
Typhoid Fevers,	3	3	0
Nervous Fevers,	1	1	0
Bronchitis,	2	2	0
Inflammation of the Lungs,	4	4	0
Croup,	3	2	1
Congestion of the Lungs,	1	0	1
Facial Neuralgia,	1	1	0
Rheumatism,	3	3	0
Hooping Cough,	4	4	0
Measles,	3	3	0
	45	43	2

Cases Pregnancy and Childbirth, eleven.

CHRONIC CASES.	Whole Number.	Cured or Essentially Benefited.	Improved.	Not Benefited.	Died.
Inflammation of the Eyes,	15	11	4	0	0
Partial Deafness,	1	0	0	1	0
Paraplegia,	3	2	1	0	0
Neuralgia,	9	5	4	0	0
Nervous Debility, with various local derangements,	27	18	6	3	0
Apoplexy,	1	0	0	0	1
Sciatica,	4	3	0	1	0
Spinal Irritation,	3	2	0	1	0
Atonic Congestion of the Brain,	2	2	0	0	0
Fever and Ague,	2	2	0	0	0
Palpitation of the Heart,	3	2	1	0	0
Hysteria,	4	2	1	1	0
Chorea—St. Vitus Dance,	2	2	0	0	0
Consumption,	27	18	5	4	0
Chronic Bronchitis,	14	8	4	2	0
Asthma,	6	5	1	0	0
Hemorrhage of the Lungs,	2	2	0	0	0
Dyspepsia,	63	45	13	5	0
Bilious Disease,	17	6	6	4	1
Sexual Disease—males,	9	5	3	1	0
Disease of Kidney and Bladder,	3	3	0	0	0
Rheumatism,	10	9	1	0	0
Dropsy of Joints,	1	0	0	1	0
Diseases of Females,	52	39	8	5	0
Chronic Diarrhoea and Bowel Disease,	8	4	3	1	0
Anæmia,	16	7	9	0	0
Cutaneous Disease,	4	4	0	0	0
Serofulvous Disease,	7	7	0	0	0
Chronic Thrush,	1	1	0	0	0
Indolent Ulcer,	1	0	1	0	0
Inflammation of the Larynx,	2	1	0	1	0
Inflammation of the Knee Joint,	1	1	0	0	0
Dropsy,	1	0	0	1	0
	321	216	71	32	2

An inconsiderable number of chronic cases treated, do not appear in the table, as, on account of their very brief stay under treatment, no judgment could be formed of its results.

In assigning names to the classes of cases in the table, we have not aimed at technical accuracy, but have rather made use of terms as intelligible as possible to non-professional persons. The classification adopted is of necessity a very general one, diseased conditions of body spoken of by the same generic title often having essential specific differences, depending upon predisposing and exciting causes and constitutional peculiarity or idiosyncrasy.

The chronic cases submitted for treatment, have been almost exclusively such as, having baffled the skill of their physicians, and run the gauntlet of patent medicines, have at last resolved to try the water cure. They came to us, not only sufferers from original disease, but with disease complicated and inveterated by delay and long courses of medication. The time, moreover, many of these spent under treatment, was insufficient for a cure, and with some even to obtain essential benefit, when these results might fairly have been hoped for; many of business habits, as soon as they find themselves materially better, are impatient of delay; while others often leave prematurely, in hopes of completing a cure at home. In this most fail, not because it is always impossible, but for want of good water, proper conveniences, *sufficient intelligence*, and a *rigid perseverance* in a strictly hygienic course of living. Patients often enter the institution, and keep themselves, or are kept by their friends in a state of anxiety or suspense concerning domestic or business affairs; this is sometimes a bar to all improvement.

Notwithstanding these unfavorable circumstances, attaching to the cases treated, a very large proportion more or less perfectly recover their health; and such is the renovating, life-giving power of the treatment, that numbers will recover, in a few weeks, a degree of constitutional vigor to which they had for years been strangers; and so gratifying is this new sense and enjoyment of existence, that the expressions, "new creature," "new being," &c., are not uncommonly heard in describing it.

The principles of water cure are based upon the established doctrines of Physiology and Pathology, as taught in our highest medical schools; and the appliances of the treatment, according to their

mode and time of administration, their temperature, and duration, will accomplish all those secondary changes usually aimed at in the administration of medicines: now to be an anodyne, tonic, sedative, derivative, or antispasmodic; or emetic, cathartic, diuretic, refrigerent, hoemeostatic, &c.; and this, in manner and measure, at once safe and efficient.

The chief claim of the treatment to confidence rests not, however, in its power to cause these secondary changes, but in its more general or alterative effect upon the constitutional health; giving firmness and energy to the nervous system, strength to the muscles, keenness to the appetite, vigor to the digestion, and correcting those more general morbid conditions or habits of body which are so commonly the parent of local disease, and the grand reason of its frequent incurability by the more ordinary modes of medical treatment.

The water cure is pre-eminently distinguished by the fact of containing within itself a system of hygiene so perfect that practitioners of all schools seem anxious to embrace at least this element in their own systems.

The same treatment which restores health, is, in a milder degree, best adapted to preserve it. In this respect, water-cure institutions have become schools of hygiene and temperance; and their influence is being felt upon all classes of society. Every circumstance is arranged with a view to make the *whole life a remedy*, and to embody in practice those principles and modes of living ordained by God as the security of health, and the foundation of happiness and efficiency in life.

Many who might share the renovated health and happier sense of existence induced by a skillful use of the treatment, are deterred entirely, or until the eleventh hour, from making the trial, through unfounded fears respecting its safety or severity. They suppose that all are indiscriminately showered, plunged, or douched in *cold* water, or packed in *cold* wet sheets; and that those, at least, who are quite feeble, will stand a pretty good chance to be *smothered* or *frozen*. There are numbers of invalids who will submit to the lancet or scarificator,—who will be covered with plasters or smeared with ointments; but this “*COLD* water business” is an infinite terror and bugbear in their vision.

Now, we beg leave to say, for the information of such as may have been misinformed, or who yet labor under any of these misconceptions, that treatment is *uniformly* commenced with tepid water; and this, both in the number and kind of baths, is graduated to the existing strength and powers of reaction of the patient. Nor are patients enveloped in wet-sheets and left to shiver; often packing is begun with a towel, or half-sheet; but whether it be partial or entire, after a momentary sensation of cold, a luxurious sense of ease and comfort succeeds, in which patients often fall asleep. Moreover, with very feeble persons, the packing is seldom or never used. And we may here add, that we know no errors so commonly committed by novices and ignorant persons who undertake the use of water, as the using of it *too cold*, and baths too often repeated, or too powerful for the patient. We have repeatedly known physicians and others, who would speak lightly of *water cure*, make these unfortunate mistakes.

A C U T E C A S E S.

BILIOUS FEVER.

This disease, very common in warm and malarious climates, where it mostly assumes a remittent type, is yet well known in this latitude. It prevails most generally in the latter part of summer, and in autumn. It is characterized by heavy headache, thick yellowish fur upon the tongue, frequent and hard pulse, yellowness of the eye and of the surface generally, constipation, high colored urine, hot and dry skin, restlessness, and mental depression.

Mr. ——, a robust young man, was treated by me for this disease. The case was well marked and severe. Packing in double wet-sheets, and tepid washings, were used to subdue the fever; and after two or three repetitions of these appliances, he slept quietly and naturally in the packing, and would desire and ask for its repetition whenever he felt fever and restlessness returning. The abdominal wet-bandage was worn in the intervals between the envelopements, and he was allowed to drink freely of fresh cold water.

Under this treatment, the fever gradually left him; the skin began to assume a clear, life-like color, and the headache to subside. In proportion as these changes were apparent, the rubbing

sheet and shallow bath were substituted for the wet-sheet envelopment, and the water used at a lower temperature. With this he gained rapidly in strength, and in one week walked half a mile to his boarding place; and in two weeks, left us fully restored to health.

PNEUMONIA.

Pneumonia, or inflammation of the lungs, makes its onset by high inflammatory fever, pain in the side, sharp and compared to a stitch, difficult and hurried respiration, cough, and a peculiar expectoration, which at first is a semi-transparent viscid mucus; but as the disease progresses, it acquires a deep *rust* color. In the progress of the disease, the lungs undergo very important changes, cognizable by the ear applied to the chest—*auscultation*, or by gently striking the chest, in a peculiar manner, with the fingers—*percussion*.

Engorgement of the capillary blood-vessels of the lungs, and effusion of serum and blood into their tissue, constitute the *first stage* of the disease; and in this stage, only a small portion of air enters the inflamed part. If the disease is not arrested, the second stage, consisting of greater effusion of blood and serum, and effusion of lymph, is soon established, rendering the lung *solid*, and quite impervious to air; its tissue is easily broken down, and it readily sinks in water. This stage sometimes gives place to a third—suppuration of the pulmonary tissue. The first is known as the state of engorgement; the second, as *hepatization*; and the third, *gray hepatization*. The first stage is not dangerous, unless *extensive*; the second is dangerous, though by no means always fatal; the third is doubtless *always* fatal, though we have no means of knowing with certainty.

Mrs. ——, an old lady had a severe attack of pneumonia. She had taken some medicine, the effects of which, with the progress of the disease, had considerably alarmed her when she called upon me. I found her with a burning fever, hurried respiration, cough, and severe pains in the chest; the expectoration was characteristic. Auscultation gave evidence that a considerable portion of the lungs was invaded by the inflammation, and incapable of admitting air in respiration. Repeated wet-sheet packings, with wet compress on the chest in the intervals; enemata of water, to move

the bowels; tepid washings, wet-sheet rubbings, and sit-baths, as the strength increased, were mainly relied upon in the treatment; and with which convalescence was fairly established in about eight days. Her recovery was soon complete; and her surprise only exceeded her gratification, as she assured me she had, at a former time, been sick nearly six weeks with the same disease.

CROUP.

There are two well marked diseases known by this name: *true*, or *pseudo-membranous croup*, and *false*, or *spasmodic croup*. They are commonly confounded. True croup is an inflammation, and results in the formation of a somewhat firm, whitish, false membrane, lining the larynx and trachea, and narrowing their calibre, and giving rise to cough and most laborious breathing; the cough at first hoarse, rough, and sonorous, and followed by a long-drawn, crowing inspiration; becomes at length *faint and smothered*. The voice, at first hoarse, is at length reduced to a *whisper*; and the harsh, crowing sound, first heard in inspiration, becomes painfully audible at every breath. The disease makes its attack by catarrhal symptoms, *hoarseness, cough, and fever*, more or less intense. These symptoms may exist a day or more before becoming urgent; that is, before the false membrane is formed, which is indicated by *loss of the voice, the faint, short, smothered cough, and extreme difficulty of respiration*. True croup is esteemed a very fatal disease.

False croup comes on in apparently good health, and for the most part suddenly; a check in the breathing takes place, and suffocation seems impending; then succeeds a long-drawn, shrill inspiration. The voice and cry are almost lost in the paroxysm, but are nearly natural as soon as over. The cough is *sonorous and barking*. The suppressed and slowly-dying whisper, and the short, smothered cough, so characteristic of *true croup*, are not heard in this disease. The paroxysm is usually over in less than an hour; but it is liable to return before morning, or on the following night. The fatality attending this disease is very small.

A fine, plump, red-cheeked boy had been getting hoarse for some days. I was asked to see him early in the evening. The peculiar symptoms of croup were well marked; *fever* not, however, high, as he had been bathed by his parents several times, without matc-

rially abating the local distress. I placed him in a tub of cold water, and rubbed him about two minutes; then rolled him in flannel until reaction came on; then washed him off in tepid water, and packed him in a wet towel, in which he lay nearly all night. When warm and restless, the towel was freshly wrung from cool water. From the first step in the treatment, a compress wet in the *coldest* water was *constantly* kept upon the throat, and re-wet so often as to keep down heat and reaction in the part, and subdue the local inflammation. Near daylight, the croupy breathing greatly abated; and somewhat later, when I took my leave, he appeared nearly well. A little after-treatment fully restored him.

C H R O N I C C A S E S.

OPHTHALMIA.

Inflammation of the eyes springs from several causes; some external, others constitutional; *both*, however, are often combined in generating and perpetuating the disease. External causes are chiefly injuries, atmospheric agencies, and contagion. Constitutional causes are commonly scrofula, rheumatism, intemperance, and repelled or translated diseases.

Nearly all forms of this disease, sooner or later, produce changes in the humors, coats or lids of the eye, which do not readily yield to treatment, and are sometimes incurable except by operation.

All forms of the disease are highly amenable to water-treatment, if not too far advanced, and entire control can be had of the patient.

A young man, with well-marked scrofula in his constitution, had suffered with inflamed eyes for three years, with but little remission. The surface of the eyes was highly vascular, the cornea traversed by capillaries carrying red blood; lids deeply inflamed, and of a crimson color; eyes exceedingly sensitive to light, slight exposure causing a gush of hot, scalding tears. *Almost no exercise* could be taken, without increasing the heat and pain in the eyes. He was put upon a treatment precisely similar to the case immediately following, except that he used the sweating process in the latter part of the cure. Eyes did not improve for about four weeks, when a *squamous scrofulous* eruption made its appearance upon the whole surface of the body; whereupon the eyes began to mend apace.

The eruption stood out about four weeks, and then healed kindly. He left us in ten weeks, the inflammation entirely subdued, and his general health so vigorous that he could walk fifteen to twenty miles daily, which he did in the latter part of his stay at the establishment.

Case Second.—A young man, with a taint of scrofula in his constitution, came under my care, *blind* from excessive inflammation of the eyes. He had been in this condition nearly three months, and for a year and a half had been subject to this disease. The treatment was begun with rubbing-sheets, sits-bath, and wet-sheet envelopment daily. Head-baths were also given in the early part of the treatment. As the patient gained in strength and ability to exercise, the half-bath and plunge were substituted for the sits-bath and one of the rubbing-sheets. In the third week, the eye-bath was taken cold; this rapidly reduced the inflammatory congestion of the eyes. The falling-douche was given in the fifth week, in place of the half-bath. Vigorous exercise, and free water-drinking, were enjoined, and the diet regulated. Water for baths at first quite tepid, afterward cold. He left us at the end of the seventh week, *well*. The language of the blind man in the Gospel he could justly adopt: “Whereas I was blind, now I see.” In this case, there was a “*film*” nearly covering the sight of the left eye; this was almost gone when he left, and continued to disappear afterward, as I had opportunity to know from personal examination.

Case Third.—A girl of thirteen years had inflamed eyes from infancy, and for the last three years almost without intermission. The cornea were partially opaque, and traversed by capillaries carrying red blood. The eyelids were much swollen, and a purulent-appearing discharge was constant. The disease was caused by contagion, and kept up by constitutional ill health; was under treatment six months, and left us “*improved*.”

PARAPLEGIA.

Paraplegia consists in a loss of voluntary motion of the lower part of the body. It may be partial, and then the patient can walk, aided by a cane or the arm of an assistant; but his movements are awkward and uncertain. It may be entire, and then the patient cannot walk, or even stand, unless he holds by his hands, while his limbs support the body mechanically.

A youth of sixteen years came under my care, with entire paraplegia. He could neither stand, walk, dress, or undress himself. In this helpless state he had been for two months. Treatment consisted of sheet-packings, rubbing-sheets, and sits-bath, in the early part of the course; later, the plunge and douche were mainly used. In six months his recovery was complete.

NEURALGIA.

This is a disorder which appears to have its seat in the nerves alone. It is *pain, severe, tearing, darting*; mostly irregular, sometimes periodical in its accession and departure. This disease may affect any part of the body where there are nerves to suffer. It is sometimes confined to the face and head, when it is called *tic douleuroux*; or to the sciatic nerve alone, when it is called *sciatica*. Neuralgia is sometimes accompanied by inflammatory symptoms; the inflammation appearing to have its seat in the *neurilema*, or nerve-sheath.

Two robust young men were treated by me for general or spinal neuralgia. In both there appeared to be congestion and torpor of the liver; in one, moreover, fullness and pain in the head. The latter case was under treatment three months, and left us "essentially benefitted;" the former, one month, and left us "improved."

SCIATICA.

Mr. ——, a middle aged man, had suffered some months severely, with pains in the right sciatic nerve. This had been so severe as to deprive him, in the main, of the use of the leg; hence, it had wasted, and was much smaller and weaker than the other. Wet-sheet packing, rubbing-sheets, the sweating process, and shallow baths were used in the treatment. He began to mend immediately. In nine days he was compelled to leave on business, but left much improved; and keeping up treatment at home, was, in a few weeks, nearly recovered.

INTERMITTENT FEVER—(FEVER AND AGUE.)

I need hardly sketch a disease so well known, in most parts of the country, under the title of ague, or fever and ague. It is a periodical, paroxysmal fever, with perfect intermissions, as the name indicates.

The paroxysm, or ague fit, is made up generally of three stages, denominated respectively the cold, the hot, and the sweating stage, by which last the fever of the hot stage is terminated. If this disease be allowed to run long, it is apt to give rise to chronic enlargement of the liver and spleen, ending in dropsy. There is some controversy as to the exciting cause of this disease; but the popular belief that it is owing to the exhalations from marshes and wet soils upon which vegetable matter is decaying, is doubtless correct.

In two cases of chronic intermittent treated by me, rubbing-sheets or short shallow-baths were given just as the chill made its appearance, using with the bath, and after it, vigorous rubbing. The patients were then allowed to lie covered in bed until reaction and fever came on, when the wet-sheet packing was used; and after becoming well warm, or perspiring a little—if perspiration came on easily—they were rubbed off with the wet-sheet or in the shallow-bath. In the intermissions, such treatment was used as seemed best calculated to restore the general health. One of these cases, a young man, had but one chill after commencing treatment, and left in three weeks, entirely free from the disease. In the other case, a girl of about thirteen, the chills and fever recurred at longer and longer intervals, for four or five weeks, and then left entirely. She was fully restored to health.

PALPITATION OF THE HEART.

This can hardly be called a disease, but rather a symptom; yet it frequently causes so much more trouble and suffering than the more general diseases with which it is associated, that it seems to merit a separate consideration. It is found as a symptom of organic disease of the heart; it is frequently connected with digestive derangement, and almost invariably accompanies *anemia*, or poverty of the blood, and chlorosis; it is also frequently connected with a nervous susceptibility, or habit of body, out of which it seems to arise. The treatment should, of course, be directed to the primary condition of body in which the disease has its origin.

Mrs. ——, age near fifty, suffered extremely with palpitation of the heart. She was subject to severe paroxysm, attended with considerable prostration. Muscular exercise was sure to induce an attack, and a walk of a few rods only could be borne. The affection

was associated with digestive disorder, and a weakened nervous system. A careful application of wet-bandages, packing, rubbing-sheets, and the long sits-bath, was followed, in three weeks, by *entire* relief. After this, with a trifling exception, she remained entirely free from the disease while with us. She left at the expiration of eight weeks, much improved in appearance, and able to take a three miles walk without inconvenience.

CHRONIC BRONCHITIS.

This exists as a chronic inflammation of the mucous membrane of the air passages of the lungs. It is a disease frequently associated with consumption, organic disease of the heart, and asthma. Its symptoms are cough, expectoration of altered mucus or pus, and shortness of breath. That form of the disease in which altered mucus alone is expectorated, exists frequently in a mild form for years, coming on with the approach of the cold, damp seasons, and going off with summer; but it is observable that each annual recurrence of the disease is of a graver character than the preceding.

When *pus* begins to be expectorated, *hectic fever* sits in, and the disease closely resembles consumption, is often confounded with it, and has nearly the same fatality.

Mr. ——, a middle aged man, was a victim to this disease for some years; not, however, seriously impairing his health, except in the colder seasons of the year. He came to us in autumn; exposure and hard labor had greatly exasperated his old malady; he became *weak* and unable to attend to business; his cough was severe, and expectoration considerable.

Treatment was commenced by rubbing-sheets, pack and sits-bath, with warm fomentation at night, to aid in procuring sleep. Later in the treatment, the vapor-bath repeated two or three times, and the plunge and douche, were used. In the fourth week, a diarrhoea set in, lasting three or four days, when all but mild treatment was immediately suspended. He left at the end of the fourth week, almost entirely free from every morbid symptom. Perseverance in mild treatment at home perfected and confirmed his recovery.

CONSUMPTION.

This malady, considering its prevalence, its insidious invasion, its flattering and deceptive character, is one of no ordinary importance.

Not a year passes, in which its victims are not numbered from the circle of each one's friends or acquaintance. So constantly does it tantalize the hopes of its prisoners, so sad a breach has it often made in the domestic circle, so often has it sundered fast friendships and conjugal ties, that it has come to be invested with a tragically romantic interest.

This disease of the lungs is but a fragment of a great constitutional malady. No one has consumption who has not *inherited or acquired the scrofulous diathesis*, or habit of body. This constitutional vice, upon which the disease depends, may be acquired by long-continued exposure to cold and damp, with poor and insufficient food; especially if these be combined with illly ventilated dwellings.

The *pork-eating* habits of a vast proportion of our population, must be considered as accounting, to some considerable extent, for the great prevalence of scrofula. Independent of the unwholesomeness of the quantity of fat consumed, swine are often fattened under circumstances which develop *scrofula in their own bodies*, indisputable evidence of which is not unfrequently found in the presence of tubercles in the liver and other glandular organs. The name *scrofula* is from the latin, *scrofa*—a sow; which indicates, at least, that the disease was observed by the ancients in swine. Scrofula must often be developed in the children of our large towns and cities, who feed upon the milk sold in the streets, from cows which are kept closely confined in dark, cold, and filthy places, and are insufficiently and improperly fed. Scrofula and consumption not unfrequently follow *fevers* and *inflammation of the lungs* treated by blood-letting and mercurialization.

The essential cause of consumption of the lungs is a deposit in their substance of small, semi-solid, concrete masses called *tubercles*. The matter of tubercle has its origin in a *depravity or vital degeneration* of the organizable elements of the blood, and is deposited in various organs and tissues of the body. In the *lungs* it takes the form of the air cells, which it fills and obliterates, being secreted in so soft a state that it readily takes their shape. After a time, these deposits become quite firm, from the absorption of their watery portions; and if the disease be unchecked, they act as *foreign bodies*, causing inflammation, ulceration, and breaking down of the

substance of the pulmonary tissue, which is then expectorated along with the tuberculous matter. Meanwhile, as the deposit and maturation of tubercle go on, and the lung is consumed by ulceration, the general health begins to fail, the patient loses *flesh and strength*, he *coughs* and commonly expectorates largely; now and then a sudden hemorrhage gives additional warning of danger. Moreover, the tubercles having precluded the admission of air into a portion of the lungs, the respiration is hurried, the blood is imperfectly arterialized, the nervous system is depressed for want of a *pure* blood, and the *life-force*, which in health irradiated and innervated every organ, is now feeble, and all the functions of the body languish. Hectic fever, a last struggle of nature for recovery, at length sets in, and by-and-by the patient dies.

But consumption, in a restricted sense, can be cured by the water-treatment. If the disease be taken in its incipient stage, the process of tuberculation can be entirely checked, the disease arrested, and the constitutional vice upon which it depends corrected. Under the system of baths and exercises adopted, the chest expands, respiration becomes deeper and fuller, digestion is improved, nutrition is increased, new blood is formed, and the whole being feels a new life and a new energy. We can refer to a *large number* of persons who have been under our treatment within the last four years, who *undeniably* labored under this malady, and who are now able to attend to their business pursuits.

Miss ——, came to us with a slight cough, considerable emaciation, loss of strength, and hurried respiration. Auscultation gave signs of tuberculosis of a portion of the right lung. A careful course of treatment, consisting of rubbing-sheets, packing, and warming-bandages to the chest, with foot and shallow-baths, was pursued. She began to improve immediately, and remained under treatment fourteen weeks. She left us, *cured*, in the only sense in which that term can apply in this disease, to wit: *the entire arrestment of the local disease, and the re-establishment of constitutional health and vigor.* She gained at least twenty-five pounds in weight, which, considering that emaciation is one of the earliest and ugliest symptoms of consumption, must be esteemed one of the strongest proofs of a victory being gained over the disease; especially if it be remembered that *exercise* forms a considerable portion of the

daily treatment, and therefore the increase in weight is not *fat* alone, but *flesh*—the growth and increase in the *volume* of the *muscular system*. She left greatly improved in strength, and her pale face changed for the ruddy hues of health.

Case Second.—Mr. ———, aged thirty-two, of very slender frame, and feeble constitution, was attacked with hemorrhage of the lungs in the latter part of February, 1851. He had been in poor health for some time, was thin in flesh, and had some cough and expectoration. Impaired digestion, a contracted chest, and inherited consumptive tendencies, rendered his case very discouraging. For the relief of the hemorrhage, patient was kept *quiet*, and the cool-bandage, frequently changed, applied to the chest. After the first day, regular and gentle exercise was taken in the open air, two or three times a day. With the bandage to the chest, he also used rub-sheets daily, and an occasional sits-bath. Tea and coffee were abandoned, and the patient adopted a strictly vegetable diet. Without making much advancement, patient had no further hemorrhage, and remained nearly *in statu quo*, until he commenced treatment in the establishment, about the first of June following. At this time, chest-bandage was dispensed with, and foot-baths, sits and shallow-baths, and packing, were used, as circumstances seemed to require. His progress in health and strength was rapid; he remained in the institution until September; he could then walk two or three miles at one time, and could take the most vigorous exercises of the gymnasium.

Case Third.—Mr. ———, a young man of about thirty, came under treatment with confirmed consumption. He suffered from great loss of flesh, poor appetite, and depression of spirits. Auscultation gave unmistakable evidence of extensive tuberculation of the left lung; his breath was short, his countenance anxious, and he was harassed by cough and with pain at the base of the chest. For nearly a year, he had taken morphine to procure sleep and rest at night. A moderate course of baths and exercise was prescribed, and morphine proscribed. He mended almost immediately, and soon slept as sweetly as a child. He left in two months; his pale face had assumed color, he had gained largely in weight, his walks had been extended from a few rods to miles daily, and he could use the most

trying exercises of the gymnasium. Bating a slight cough, he declared he felt as well as ever.

Case Fourth.—Mr. ———, a man of about forty years, a laboring mechanic, came to us bleeding at the lungs, and with other unequivocal signs of consumption, to an alarming extent. He inherited a strong tendency to this disease. Wet-bandages, wet-rubbings, sits-baths, and an occasional packing-sheet, were cautiously used in the early part of the treatment. The bleeding was immediately arrested; and later in the treatment, the shallow, plunge, and spray-baths were used. The douche was tried, but found too exciting. He left at the end of three months, almost wholly free from any symptoms of disease; and from that time until the present, which is about four years, has been able to prosecute his business.

ASTHMA.

This disease consists in spasms of the air-tubes of the lungs, greatly hindering the ingress of air in respiration, sometimes almost wholly excluding it, and giving rise to painful and urgent symptoms of suffocation. It occurs in paroxysms of greater or less severity, and lasting from some hours to as many days. When the paroxysm is most severe, or at its height, the patient makes forced and laborious efforts in inspiration, rushes to the nearest window for air, even in the coldest weather; his countenance becomes livid, and assumes an expression of the deepest anxiety, bordering upon terror; he seizes upon whatever may be in his reach, to aid him in his efforts to breathe. Sometimes short paroxysms occur, for several nights in succession; and in other instances, only a moderate exacerbation of symptoms is observed, but difficulty of breathing is almost constantly present. The disease is frequently occasioned by dyspepsia, bilious derangement, emphysema of the lungs, and disease of the heart. It is sometimes temporarily induced by inhaling the emanations of newly-made hay, or the dust of powdered ipecacuanha. The disease has no immediate tendency to end in death; but if it be severe, and the paroxysms frequent, the patient begins to lose flesh and strength, and constitutional vigor declines.

Mrs. ———, a young married lady, of sanguino-lymphatic temperament, and of a somewhat full habit of body, suffered from asthma through her whole life; and for several months preceding

her coming under treatment at our institution, paroxysms of several days' duration had recurred as often as once a fortnight. Her constitutional health began to suffer considerably. She had almost constant *menorrhagia*, together with some dyspepsia and an inactive liver.

Rubbing-sheets, foot-baths, short sits-bath, and shallow-baths, were used in the treatment. Her menorrhagia disappeared in two weeks, and she left at the end of four *entirely free* from the asthma; and keeping up some treatment at home, she has not had a *single recurrence* of the disease, although at the date of this report it is more than three years since she was treated.

DYSPEPSIA OR INDIGESTION.

These terms are conveniently used to designate collectively a large class of morbid symptoms having their origin mainly in the stomach. These symptoms may arise from different pathological states of this organ, the most common of which are chronic inflammation, atony or debility, and organic disease. The most common accompanying condition of the bowels is atony, or debility, and deficient secretion, giving rise to constipation.

Dyspepsia may be induced by improper food, by food in improper quantity, by food insufficiently masticated, by stimulating condiments and alcoholic drinks, by tobacco-chewing and opium-eating, by intense mental application and sedentary habits, by grief and melancholy, by the sympathy of the stomach with the local injuries and morbid states of other organs; and I may add, emphatically, by the common practice of drug-taking, especially that branch of it which consists in swallowing for months, or years, some favorite drug or patent nostrum. No greater offense than this could hardly be committed against the physiological integrity of this delicate organ, designed alone by nature for the reception of alimentary substances.

Dyspepsia is the most common disease of civilized life. It is the parent of a very large number of local disorders and constitutional derangements. Rheumatism, gout, scrofula, tubercle, asthma, palpitation of the heart, neuralgia, epilepsy, chorea, anemia, chlorosis, congestion of the liver, diabetes, and a variety of cutaneous eruptions, either spring directly or indirectly from indigestion or *maldigestion*, or take the die of their severity or fatality from the health of the primary

nutritive system. The powers and sensibilities of the mind are often impaired and perverted by dyspepsia. In some of the intenser forms of this disease, the subject becomes morally incapable of directing his attention to any other subject than his own sufferings; converses of little else, and is filled with groundless fears and anxieties. Others are morose and taciturn, or become the victims of melancholy or hypocondriasis. Nearly all forms of this disease admit of a radical and permanent cure by the regimen and appliances of the water-treatment.

I was called from a distance to visit a woman of forty-four, who was considered to be in a low and almost hopeless condition. I found her suffering with sub-acute inflammation of the stomach, and great irritation of the sympathetic nervous system. She had been a nervous dyspeptic for twelve years or more, and had been subject to occasional exasperations of the disorder. When I saw her, she had been confined about two months, and gradually sinking. She was confined to her bed with the following symptoms: great anxiety and restlessness, palpitation of the heart, pain and tenderness in the region of the stomach, constipation, headache, transient blindness, irregular chills and flashes of heat, palsy of sensation in different parts of the surface, stomach extremely sensitive, rejecting both food and medicine, and sleeplessness. Notwithstanding powerful opiates, she had not slept an hour each day for ten days. I had this patient washed all over in water at 70°, a portion of the person only being washed at once and then wiped dry. This treatment was given at noon. In the afternoon she was packed in a half-wet sheet, and washed off after it. These appliances gave her much relief, reducing the feverish excitement of the system and disposing her to rest. In the evening, when the family were about retiring for the night, a warm fomentation of the stomach and bowels was administered, after which she obtained *five hours of natural and refreshing sleep*. After this she was packed twice daily, then once, took rubbing-sheets and short head and foot-baths, which treatment she partially continued for five weeks, when she came to the establishment. Here more vigorous treatment was applied, which brought on vomiting of large quantities of ropy, opaque mucus. This continued some weeks, and greatly relieved the diseased state of the stomach. She left the institution at the

end of seven weeks, able to walk two or three miles in the day. She kept up home treatment for some months, and now speaks of herself as enjoying a "*new life*," her physical health having been entirely renovated.

Case Second.—A young man had severe dyspepsia for some months, appearing to depend upon chronic inflammation of the stomach. He had used tobacco freely, and been taking largely of medicines before coming to me. He lived near, and I failed in getting control of him and cutting him off from his pernicious habits. He left after fifteen days' treatment, "*not benefited*."

Case Third.—The following case, that of a very intelligent young lady, I am permitted to give from her own statement of the case. She says: In the fall of 1846 I was taken very ill with a bilious fever, and was brought very low, and for two or three weeks my life was despaired of. I partially recovered from this very low state, but my disease had become seated upon the lungs. I was under the care of a very able and faithful allopathic physician. I remained in a critical state through the winter. Eminent counsel was called; a number of times my case was decided to be tubercular inflammation of the lungs, and they stated there could be no hope of my restoration to health. In the spring my disease again moved back to the stomach and liver, and I was again brought to the borders of the grave. I, however, gradually recovered; but continued feeble, and was obliged to *continue* the use of the *blue pill*. I found it impossible to dispense with calomel in some form. Unwilling to be under its constant influence, I tried repeatedly doing without it, and as often as I tried had a return of the disease, attended with extreme pain and vomiting. I remained much in the same state, feeble and under the influence of medicine most of the time, till the fall of 1849, when I was advised by physicians and friends to resort to a "*Water Cure*" for healing. In accordance with which advice, I placed myself under the care of Dr. P. H. Hayes, then at Greenwood Springs. I remained under treatment six months and a half, and now I am a wonder to my friends; they say my restoration seems like a miracle. Since commencing the water-treatment, I have not taken a particle of calomel, nor indeed any medicine whatever.

Remarks.—This patient owed very much to her own fidelity

and perseverance. She came to us thin, pale, and weak; when she left my care she had gained largely in weight, her muscular system had acquired firmness, roundness, and strength; her skin had assumed the color and the elastic touch of life, and her features, from being *pale* and *shrunken*, had the rounded contour and the ruddy glow of health.

Case Fourth.—A professional gentleman, of severe mental labor and sedentary habits, suffered greatly from indigestion of a nervous character. So strong had been the sympathies awakened in the brain as to fill the mind with groundless apprehensions and melancholy forebodings. A mild tonic and sedative course of treatment, with care in diet and outdoor exercise, was pursued. He left us in five weeks, “*essentially improved.*”

RHEUMATISM.

This is an inflammation of the fibrous or ligamentous tissues entering into the composition of the joints; the same kind of inflammation also sometimes extends to the lining membrane of the joints, and to the fibrous coverings of the muscles. In its acute form, it is attended with high fever and great constitutional disturbance, the pulse runs high, the joints swell, look *red*, are *hot, tender, and very painful*, and the skin often covered by acid perspiration. The inflammation is very prone to change suddenly its locality, and this is one of the peculiarities of this kind of inflammation. It may go from the limbs to the back, the neck, or the intercostal muscles and ligaments covering the chest, giving rise to extreme difficulty in breathing. It sometimes seizes upon the membranes of the brain, the pericardium of the heart, or the sclerotic coat of the eye. Rheumatic inflammation never terminates in suppuration or mortification, as does common inflammation; and this is a happy ordinance of nature, for were it otherwise, we should be continually meeting with those whose joints had been destroyed by the disease. The chronic form of this disease may follow the acute when badly treated, but it frequently comes on slowly, and with little or no constitutional disturbance. In this form of the disease, the patient's joints are stiffened by the thickening of the ligaments, and this, with the constant uneasy pain attending it, prevents any free movement of the joints affected. The subjects of this phase of the disorder are

exceedingly sensitive to atmospheric vicissitudes, cold, and damp; as also, certain apparent electrical changes bring their misery; and as often as once or twice in the year, when cold and damp are prevalent, they are pretty certain to have an acute exasperation of the malady, which confines them to their beds or within doors for some weeks. The predisposing cause of this disease is *mal-assimilation* of certain elements of the food, giving rise to *lactic and lithic acids in great excess*. The exciting causes, it hardly need be said, are cold and damp, and muscular fatigue.

A lad of fourteen years had a severe attack of acute rheumatism. His ankles and feet first became swollen and painful; then the wrists, knees, and hips. In this condition he remained one week, when the inflammation attacked the chest. At this time I was asked to treat him. I found him sitting in a stooping posture, as he could not lie down; his breathing was short, hurried, and very painful; the joints less affected than at first. He spoke in a whisper, and any movement, by quickening respiration or otherwise bringing the inflamed muscles into activity, gave him extreme pain. He was treated by repeated wet-sheet envelopments, at first, in the sitting posture; and these were followed by washings for a little time, then rubbing-sheets and shallow-baths. He wore, also, the wet-bandage on the chest, during the intervals. In two weeks he left the establishment, walking home more than a mile over the hills.

Mrs. ——, a middle aged lady, came to us with chronic rheumatism, so constant and severe as that her intermissions of ease and comfort were few and far between. Exercise was painful and difficult; now and then she was confined, and unable to move about, for a day or more. Her nights were sleepless, unless, as was her habit, she took large doses of some narcotic. She was a woman of full habit and vigorous constitution. The wet-packing and rubbing-sheet, the sweating process, and the shallow-bath, with body-bandages, were pretty vigorously applied, and her narcotics at once proscribed. In two weeks, she could exercise with so much ease and freedom, and constitutional health was so far restored, that she was unwilling, as she said, to continue any longer on the invalid list, and left the establishment.

CHRONIC DIARRHœA.

This disease may depend upon chronic inflammation, perverted secretions, scrofulous inflammation, or ulceration of the mucous follicles, or agminated glands, or disease of the upper organs of digestion.

A child of one year had suffered with chronic diarrhœa six months, which had its origin in imperfect digestion and inflammatory irritation of the bowels. It was pale, weak, and wasted almost to a skeleton, and was held by its mother on a pillow. It "worried," as she said, most of the time, and, to quiet it, was constantly fed from the nursing-bottle. Motions extremely frequent some days; in the twenty-four hours, near twenty must have taken place. It also rejected much of its food by vomiting, and appeared to suffer from abdominal pains. When I was asked to see the child, it was not expected to survive long; and so little hope did there seem of its recovery, that I at first declined any responsibility in the case. However, before leaving the house, I gave the mother some plain hints for its management; but did not promise to call again. A day or two passed, and a friend informed me the child was improving. I called, found medicine had been abandoned, and the hints I had given carefully followed. I then directed the following treatment: cool washings of the entire body, warming-bandage upon the bowels, changed often, and with every change a washing of the parts it covered with *cool water*; three *enemata* daily; warm fomentation, to relieve pain, and occasionally a damp-packing. The *quantity and quality* of the food was directed, and taken *only at regular intervals*. The room was kept well ventilated, and the child carried into the open air two or three times daily. Its improvement was immediate and striking; in two weeks, the morbid evacuations had ceased; and in two months, eight pounds were added to its weight, and its innocent prattle told significantly of its new life within.

PROLAPSUS UTERI.—(FALLING OF THE WOMB.)

General relaxation of the entire muscular system, and great nervous susceptibility, are common antecedents and accompaniments of this very prevalent disorder. It is directly caused by loss of tone in the ligaments and tissues which are the immediate uterine supports,

and collaterally by falling of the bowels, which is an almost unfailing antecedent. More general predisposing causes to this, and other female weaknesses and diseases, are a great and general neglect of physical exercise, and injurious modes of dress. Little misses become *young ladies* too soon; they have no stage of *girlhood*, in which they take that free and unconstrained exercise, out of doors, to which their instinct so clearly prompts, and by which alone their bodies and limbs can *expand, grow, and be strong*, and the greatest possible immunity be gained against the invasion of disease. Their pale faces too often testify a want of acquaintance with the free air and sunlight of heaven; their bodies lack symmetry and development, and they easily become the prey of some lingering disease. With this general neglect of exercise, they early manifest an anxiety to improve their *forms* by *corset* and *stays*. These powerful instruments, and the great weight of clothing suspended from above the hips, are applied to that very portion of the body most susceptible of injury, and least able to resist it.

The respiratory process, that source of life and health to the blood, is greatly restricted; even a forced inspiration can not fully inflate the lungs, while bound by these appliances. The weight of under-clothing, the pressure of bodices and stays, contract the base of the chest, and disturb and confine the motions of the stomach during digestion. The abdominal muscles become greatly relaxed, and the organs are crowded downward, so that the fullness or roundness of the abdomen is found some inches lower than in the child.

Among some of the Chinese, the feet of girls are confined in little wooden shoes; the savages of America flatten their heads; the South Sea Islanders tattoo their bodies, by way of ornament. But fashion is, with us, far more enlightened; she puts her *gripe* around our very vitals; she holds us firmly until our spines are curved, and our gait is awkward and stooping; she don't let us *half-breathe*, and often makes us faint in assemblies; she makes our wives taxes upon their husbands, and unfit to become the mothers of their children,—because she holds that a small waist is a model of beauty.

Powers says of his famous statue of Eve—I copy quotation from Marcy's Theory and Practice of Homœopathy:

"Her waist is quite too large for our modern notions of beauty, and her feet, they are so very broad and large! And did ever one see such long toes! they have never been wedged into form by the nice and pretty little shoes worn by her lovely descendants.

"But Eve is very stiff and unyielding in her disposition; she will not allow her waist to be reduced by bandaging, because she is far more comfortable as she is; and besides she has some regard for her health, which might suffer from such restraints upon her lungs, heart, liver, etc., etc., etc."

Displacement of the uterus is usually accompanied by a considerable number of sympathetic and secondary local morbid phenomena, which are often looked upon and *treated as independent disorders*. Not uncommonly are patients treated for spine complaint, liver complaint, neuralgia, etc., and the system drugged and enfeebled by worse than useless treatment, while the *real* difficulty is unsuspected and undiscovered. The common modes of treatment, by artificial supports, are fallacious means, and do not deserve a moment's reliance, when a *cure* is thought of. The use of artificial support, though it may afford present relief, finds no sanction in science or experience; for if, by such means, we put out of *use* the muscles and ligaments which are the natural supports of this organ, they inevitably become weaker and weaker, and less and hopelessly less able to do their natural work of sustaining the womb.

It is plain to all, that to acquire *physical strength*, *physical exercise* is indispensable; and if this be true of the entire body, it is equally so of any part of it. It would be as rational to expect a man to become a Hercules in strength, with his arms in a straight-jacket, and his feet in the stocks, as to cure uterine displacement with the subject of it laced-up in a utero-abdominal supporter, lying upon her bed, or sitting in her softly-cushioned chair. We must rely for success only upon such general treatment and exercises as shall give tone and energy to the entire muscular and nervous systems, and especially must such local treatment be used as shall remove displacement and invigorate the weakened uterine supports. We may be allowed to add, that we believe the baths, exercises, diet, and regimen of the water cure thoroughly and philosophically adapted to the cure of this disease; and if properly combined with more natural and physiological means than pessaries or supporters

for overcoming displacements of the uterus and bowels, are almost infallibly successful. Our experience in this complaint, for four years past, will fully sustain this opinion; and we shall continue to give special and unwearied attention to this class of cases.

Mrs. ——, of middle age, plethoric and corpulent, dated her decline to an attack of *phlegmasia dolens*, which occurred after parturition nine years before. From that time, the peculiar symptoms of falling of the womb had been more or less constant; and for three years, she had only been able to walk as far as across her room at one time.

This long period of inactivity, together with the secondary effects of the disease, had induced a state of great muscular weakness, an excitable nervous system, dropsy of the lower limbs, obstinate constipation, and considerable stomach disorder. The common artificial supports had been used for years, with no effect but to afford some palliation of symptoms, and render the derangement more difficult of a radical cure. Treatment was, in the first week, pack in half-sheet, two sits-bath, two minutes each, and two rubbing-sheets daily. Enemata of water were given to move the bowels, and the wet girdle worn during the night. After the first week, the pack was used very little, and the wet-girdle worn only days. Artificial support was put off, the sits-bath gradually increased in length and made colder, and wet-bandages were applied to the dropsical limbs and suffered to dry. Later in the treatment, the plunge was taken in the morning, and the fountain-douche in place of one of the sits-baths; and in the ninth week, the *falling*-douche was used. Under this treatment, with regular exercise, she gained daily, her strength improved, her nervous system acquired firmness and vigor, constipation was conquered, corpulency greatly diminished, and the local dropsy and dragging, and neuralgic pains were entirely gone.

She left us in twelve weeks, an antithesis to her former self; able to walk two to four miles daily; and if her recovery were not entirely perfect, a little time, with mild treatment, was only necessary to make it so.

Case Second.—A young lady was brought to us on a bed. She had been a confirmed invalid for nine years; uterine and other displacements, together with excessive and misdirected medication, had exhausted her nervous system, disorganized her digestion; and for

years, she had left her bed but little, now and then sitting up awhile, or walking across her room.

Her treatment was similar, in most respects, to the case preceding. She was under treatment eight months, and during the latter half of the time, her common walks were from four to eight miles daily; and this, a part of the time, in winter, over hilly roads. She was restored to good health.

Case Third.—Mrs. ——, aged thirty-eight, came to the establishment on a bed; had suffered from prolapsus and *fluor albus* for three years; and for fourteen months previous to her coming, could not bear her weight on her feet. She was thin and pale, much emaciated, and so weak as to be carried in arms like a child. She suffered from the *nervousness, sleeplessness, costiveness, and appetitlessness*, not uncommon in such cases.

During her sickness, had been treated for spine complaint and consumption; had been told that she was liable to be palsied at any time. She was under our treatment three months. She began to walk, with assistance, in two weeks; and at the end of her stay, she could walk from one to two miles daily. She had gained nearly twenty-five pounds in weight, and appeared well in all respects, except that her physical strength was not yet fully restored.

Case Fourth.—Miss ——, a young lady brought on a bed, came under treatment in *January, 1853*. She began to decline in health four years before; had previously, for some years, attended school, studied hard, and overtaxed and impaired her nervous system. Had suffered from spinal irritation, headache, painful menstruation, inveterate lucorrhœa, pain in the small of the back and limbs, and dragging pains across the abdomen, almost from the very first until the time of entering the establishment. Lost the power of walking or standing three years ago, and, with one or two trifling exceptions, has since remained in this helpless condition. Found her suffering from displacement of the uterus, falling of the bowels, chronic *fluor albus*, constipation, torpid liver, pains in the back, head, and across the abdomen; face pale, blood poor, pulse feeble, and feet and hands cold. Has had the practice and counsel of nine *regular physicians*, and some *irregulars and defectives*, of the *Botanic, Homœopathic, Eclectic and Psychologic schools*. Has taken largely of medicine; more so than is usual. I asked her for a list of articles

and appliances in this line which she had used; and here you have it, as she gave it to me, except that I have slightly abbreviated it, substituted some common for technical terms, and have made parts of it emphatic: "*Strychnine, Mercury, Arsenic, Iodine, Morphine, Quinine, Oxide, Iodide, Sulphate and Carbonate of Iron, Iodide and Carbonate of Manganese, Nitrate of Silver, Sulphate of Zinc, Sugar of Lead, Cream of Tartar, Sulphur, Elixir of Vitriol, Nitro-Muriatic Acid, Bismuth, Ammonia, Camphor, Opium, Valerian, Belladonna, Arnica, Aconite, Hyoscyamus, Tobacco, Prickly Ash, Chamomile, Comfrey, Castor Oil, Cod Liver Oil, Bloodroot, Poplar Bark, Spikenard, Wild Ginger, Rhubarb, Wormwood, Yarrow, Fever Bush, Sassafras, Hardhack, Birch Bark, White Oak Bark, and Yellow Dock.*" She adds, "Have taken a great many mineral tonics of which I never knew the name; but with these little auxiliaries, the iron or manganese was taken three times a day for thirteen months. During the allopathic treatment, and a part of the rest, had a calomel sore mouth for fourteen months. Used everything in the line of liquors, liniments, and plasters, besides fifty blisters, dry cupping, and scarificator. Among patent medicines were Webster's Sarsaparilla, Christie's Galvanic Belts, Necklace, and Bracelets, with thirty-five bottles of the Oxide of Gold."

This patient can now—six weeks from entering the Cure—walk a quarter of an hour at a time, three times daily, on the verandah and about the grounds belonging to the establishment.

AMENORRHEA.—(CHRONIC SUPPRESSION.)

The chronic form of mensual suppression may succeed the acute, or be more gradually induced by constitutional ill health. Diseases which greatly impair the energies and actions of life, will cause it; as, dyspepsia, consumption, etc. Young ladies at boarding-schools sometimes have this warning that they are consuming too rapidly their life-force, or nervous energy, over their books. The resort to emmenagogues, or "driving medicines," is useless, dangerous, and unphilosophical. The grand principle of treatment, in nearly all these cases, is to strengthen, give firmness and vigor to the nervous system, and thoroughly renovate the constitutional health,—and the menses will certainly return in due time.

Two instances of this disorder we have treated in young ladies, in whom the cause appeared plainly to be overtaxing the brain by study, and from the confinement incident thereto. In one, the disease had existed fifteen years; in the other, one year. In the former, there was chorea of some years standing, with great nervous excitability; in the latter, there was a notable failure of bodily vigor, and of mental strength and activity. The former was under treatment eight months, the latter two and a half months; the former had a severe crisis of boils. Both *perfectly recovered*.

DYSMENORRHEA.—(PAINFUL MENSTRUATION.)

This is a severe, and not very uncommon female affliction. It occurs generally in irritable, neuralgic, or hysterical habits of body; with neuralgia of the uterus, congestion, rheumatism, or displacement of this organ. It is esteemed by learned authority, "exceedingly difficult to cure." This is not *our* experience with water treatment. We do not recollect to have failed *in a single instance*; and we have treated all forms of this malady, except that depending on a stricture of the canal of the *cervix uteri*.

Miss ——, a young lady about twenty-five, had suffered for years from painful menstruation. She was of an irritable, neuralgic habit, and the long continuance and severity of her malady had begun seriously to impair her constitutional health, and waste her flesh and strength. She had fairly tried various medical means, but they had been of no avail. She was under treatment three months, and gained very greatly in *flesh, strength, and bodily vigor*. Left *entirely free* from the disease, and continued *well* at my last hearing, five months from leaving the establishment.

MENORRHAGIA.—(PROFUSE MENSTRUATION.)

Examples of this disease are not unfrequent. There is almost invariably *uterine hemorrhage* in connection with, or succeeding the excess of the catamenia. It occurs under a variety of bodily conditions, not unfrequently at the cessation of menstruation. The effects upon the system at large are the same as from excessive bleeding from any cause; pallor of the countenance, languor, vertigo, palpitation of the heart, ringing sounds in the ears, chilliness of the surface, and coldness of the hands and feet. There is weakness and

aching in the back and loins, coming round to the lowest part of the abdomen. The exhaustion produced by this disease not uncommonly produces *head* symptoms similar to those induced by the plethora of apoplexy. To mistake the one for the other, and apply the usual treatment for threatened apoplexy, is absolutely *murderous*. We have cured this disease by water treatment, *in every instance*.

Mrs. ——, a young married lady, of sanguino-lymphatic temperament, had been menorrhagic for nearly a year; and for two months previous to entering the institution, had constantly been troubled with this sort of illness. She was pale, languid, and spiritless; was under treatment in the house one month. The menorrhagia disappeared entirely in two weeks, and had never returned, at our last hearing, three years after leaving the establishment.

ULCERATION OF THE UTERUS.

Enlargement and hardness of the uterine neck, caused by congestion and chronic inflammation, are not unusual. Upon this condition ulceration frequently supervenes. Our experience in this disease has been limited to two or three individual instances; in these we have been quite successful, without the use of *caustic*; and we incline *strongly* to the belief that ordinary cases, at least, do not demand it. The following case I have given at some length, as it has features of more than ordinary interest.

Mrs. ——, a lady of about forty years, came under my care in the summer of 1851. Her temperament was sanguino-bilious, native constitution good, height more than medium, with fair physical proportions. Her countenance wore a fixed expression of suffering, and had a cadaverous paleness. She was very weak, much emaciated, and needed the assistance of a strong man when she attempted to walk. On the day of her arrival she rested from the fatigue of the journey, and as her former physician was in attendance, I did not investigate her case, or take charge of her until the next morning. Early in the same evening, she was seized with violent uterine spasms, with remissions resembling labor pains, attended with extreme suffering and anguish. At intervals of from five to fifteen minutes, these spasms recurred, accompanied with groanings and contortions of body indicating intense pain. Her physician administered medicine, and attended to her wants, but she had no

rest from her distress until three or four hours had elapsed. The following morning, I learned from herself the history of her case, and made out its pathology as follows: Ulceration of the uterus, which began five years before, coming on once in about four weeks, with considerable severity, and slowly subsiding, attended by one or more recurrences of the spasms above described; which spasms, after a few hours, became *general*, and continued until subdued by morphine, or until nature ceased to suffer from sheer exhaustion. A discharge, thin and watery at first, then purulent, then hemorrhagic in character, attended each exacerbation of the ulceration; and during the winter, when the disease was always worse, she continually suffered from the one condition or the other. Twice only had any considerable intermission of these symptoms occurred, throughout this entire period. One of these continued eight weeks, and one eleven weeks, during which she menstruated naturally; but during the balance of the time, she observed no increase of the sanguinous discharge, at the mensual periods, though it was doubtless, at times, *menorrhagic* as well as *hemorrhagic* in its character. The local disease, the morbid discharges, and the great and protracted suffering, had seriously invaded her constitutional health. Her blood was far below the natural figure, in the amount of its most vital essential elements—the fibrine and the corpuscles. Lumbar pains were constant, and she suffered frequently from neuralgic headache. She said to me, during the examination, that to *die* were a mercy, but to *live* in her then condition was too sad a prospect. I could not assure myself, or my patient, that there was more than a small chance for her recovery.

She began treatment by towel-washings of the entire body, sits and foot-baths daily, of three to five minutes each, water about 80°. In about a week, the uterine spasms returned, with their usual severity. I placed the patient immediately in a *cold* sits-bath—48°, and she was vigorously rubbed by two attendants. In less than fifteen minutes, the spasms entirely ceased; and as they ceased, the extremities began to cramp, and soon were fixed in rigid spasm. She was returned to the bed, and I used rapid friction with my hands upon the rigid muscles, rubbing in only one direction, and that was *from* the body. The muscles were in this manner entirely relaxed, and she rested nearly a quarter of an hour, when the spasms

of the uterus again returned, and were promptly met by the *cold sits-bath and energetic rubbing*, as before, and were as promptly subdued, when my patient was entirely quiet and free from pain, except some nervous headache, which was perfectly relieved by the head-bath. Her constitutional health now began manifestly to improve; but in about fourteen days, she was again visited by the spasms of the uterus and cramps of the extremities, in a milder degree, however, than before, and they were speedily cut short in the same manner. Her constitutional health continued to improve; her treatment was gradually increased, towel-washings being exchanged for rubbing-sheets, the sits-bath lowered in temperature and increased in duration; and later still, the shallow-bath was used in place of the wet-sheets, at least once daily; these, together with foot-baths, vaginal enemas, and dry hand-rubbing, constituted the substance of her treatment, and were variously combined to adapt them to her changing condition. She was under treatment nearly three months, and, with a small exception, had no further recurrence of the uterine or other spasms. The ulceration was arrested, the discharges gradually diminished, and at length ceased entirely. Flesh and strength increased rapidly; her countenance assumed a life-like hue and cheerful expression; and the headache, spasms, and lumbar pains began to be spoken of as things that *had* been, and not as things of the *present* and *to be thought of with dread*. In the last weeks of her stay, she could join in the most vigorous exercises of the gymnasium, and could rapidly ascend a long flight of stairs without difficulty. Some weeks after leaving, she wrote me that her good health continued unabated, that she had no morbid uterine discharge whatever, that she was daily becoming more fleshy, and that she almost had red cheeks at times. Some months after leaving, we heard from her, keeping house and doing the entire work of a small family.

PREGNANCY AND CHILDBIRTH.

The function of child-bearing, abstractly considered, is as perfectly physiological in its character as the digestion of food or the pulsation of the heart. It is as truly the order of nature, and as perfectly in harmony with the highest laws of physical life, that by innumerable repetitions of this act the whole earth should be peopled, and generation succeed generation, as it is that the plants

which perish in a season should ripen the germs of a succeeding year. What, however, is here clearly true in the abstract fails very generally to be found so, as individuals are observed in actual life. How few among women of our day and generation fulfill this office in a perfectly physiological manner? How few, who are not subject to sufferings, disorders, and accidents *never* rationally to be considered as the *order of nature?* If it be true, as it doubtless is, that each succeeding generation of women are becoming less exempt from these sufferings and accidents, and on the whole physically less qualified for the responsibilities of maternity, how earnestly should we inquire the cause? Obviously, our luxurious and artistic modes of living, great neglect of physical training and education, our adherence to injurious fashions, and our habits of excessive drug-taking, must go very far to account for this condition of things. Were the young women of our land early and *practically* taught that their *physical health* is the first foundation of all efficiency and enjoyment in life; were they taught the absolute necessity of obedience to the laws which give life, health, and development to their bodies, and that for every transgression of these, the penalty is as certain to be visited upon them and their children as any effect to follow its appropriate cause in the universe; did they see in themselves the index of the health of future generations,—then should we not see so many victims of nervousness, so many frail forms, pale faces, narrow chests, stooping gaits, curved spines, and other nameless ills and deformities, which more or less perfectly disqualify woman for one great end of her being—the reproduction of the race. Let woman be made to feel that every muscle, and every nerve, and every fibre of her being feels the enervating effects of a false mode of life, and who should hasten like herself to change it? For is she not responsible to future generations? and does she not too often suffer as *woman* only knows how to suffer? Were she faithfully to obey those natural laws which give development, symmetry, vigor, and beauty to her body, the unwritten sufferings so frequently attendant upon maternity must be greatly alleviated, if not entirely prevented. It is an admitted fact that among the aborigines of this country, slave women at the south, and women who have led lives of hardy exposure, child-birth is commonly brief, without accident, and almost without pain. Such mothers, in a few days recover

their wonted vigor. The key to this extraordinary exemption from suffering is found in the strength and firmness of the nervous system. Diseased and feeble nerves give pain; whatever will restore these to health and vigor, abates and prevents it. To this end, the water cure is happily adapted. The invaluable system of hygiene and treatment under which these cases are placed, has been attended with the most happy and successful results. A very large number of cases have come under water treatment, in which the labor was *undeniably* abbreviated and comparatively painless. I have myself attended several cases of labor, from one to three hours in duration, with remarkable exemption from ordinary suffering; and I have never attended one who was not able to be out of doors, riding or walking, in five to fourteen days. There is no longer any room for doubt, that a well-timed application of water, with a judicious regimen put in practice at an early period of gestation, and continued till and after parturition, is a *great comfort* in itself, and confers *positive immunity* from many of the pains and perils of the lying-in chamber. We believe these facts to be settled by the most unequivocal evidence. If, indeed, it be the acknowledged physiological effect of water, disseminately used, to give vigor to the nervous system, purity to the fluids, and firmness to the solids of our bodies; if it will soothe the restless, subdue inflammation, extinguish fever, and arrest the most dangerous hemorrhages, why should its use be denied us here. So contrary to these views have been former practice and teaching, and so commonly is such teaching now echoed by those who think that *medical science* was *long, long ago stereotyped for all time*, that we are by no means unaware that our doctrines will, by great odds against us, be regarded as utterly *heterodox*. Our appeal is lodged with that class who are so often the objects of suffering; they are, I am sure, *too deeply and personally interested* to *know* the truth, not to be impartial investigators.

The following sketches of cases are from my own practice, and may serve to illustrate the treatment:

Mrs. ——, of naturally feeble constitution, was confined with her first child. Her previous treatment had been, chiefly, the wet-sheet pack and shallow-bath, or rubbing-sheet, and one or two sits-baths daily—using, also, for a time, the wet-girdle.

The birth took place in the evening; shortly after which, the patient

was placed in a tepid sitting-bath for three minutes; and, while in the bath, an ablution was given. After the bath, the wet-girdle was applied, and drawn somewhat firmly about the abdomen. The next succeeding two days, the patient took two general washings and one sits-bath daily. On the third day, and after, stood up and took the rubbing-sheet, and walked a few steps to her bath. On the sixth day, walked out some distance in the yard. On the eighth, rode three miles; at this time, dismissed her nurse, and took the care of her child.

Mrs. ——, confined with her second child, took, for some weeks previous to confinement, rubbing-sheets and sits-baths daily, and packing twice or thrice per week, followed by shallow-bath. Labor was less than two hours in duration, and unusually free from suffering. After treatment precisely similar to the above case—ablutions, rubbing-sheets, sits-baths, and wet-girdle—she recovered her usual strength very quickly. In six days, she took the entire care of herself and child, including some washing and ironing operations begun before the sixth day.

In another case, a woman, in her first pregnancy, took rubbing-sheets and sits-baths for a few weeks previous to confinement.

Treatment, after the birth, similar to above cases. On the fifth day, she was walking about her room, and rode out about a half-mile, taking her child.

Mrs. ——, confined with her first child, was under treatment at the establishment, five weeks previous to confinement. Labor was remarkably regular, brief, and exempt from *ordinary* suffering. Treatment, antecedent and subsequent to confinement, was similar to foregoing cases. She recovered rapidly, and without accident. Third and fourth days, began to walk about her room, and, on the sixth, rode out two miles. On the tenth day, and after, went to the bathing-room, and took baths with other patients. Three weeks after the birth, took a journey of thirty miles in a carriage—riding that distance in two successive days.

CONCLUDING REMARKS.

It is impossible that an individual case of disease, however perfectly treated by water, can be more than an imperfect guide for the treatment of another of the same name or class; for the constitution of the patient, the inveteracy of the disease, its complication by other diseases, the susceptibility to treatment, the age, sex and temperament, may often greatly modify or entirely change the indications for treatment. It has, therefore, been no part of the general design, in reporting cases, to furnish illustrations of treatment which would be reliable for the treatment of cases of the same name, or which might appear similar to ordinary observers. In truth, in chronic diseases, the local morbid state or action of any organ, although it gives name and class to the case, is only a part of the disease, a true estimate of which can be found only by taking into account the degree of constitutional vigor and the state of integrity of all the functions of the body. Hence it is that the curability of any given case of disease does not depend, with any great degree of certainty, upon its seat or name, but upon its *degree*, and especially the extent to which the constitutional powers have been invaded and impaired by it. From the difficulty of estimating beforehand the susceptibility of different individuals to treatment, the exact pathological state of organs long diseased, and the amount of vitality present, the duration of treatment, to effect a cure or essential improvement, can only be predicated with a moderate degree of certainty. Invalids too often expect to recover from chronic diseases which have been *years* in forming, and becoming inveterated in a few weeks. Though I have frequently seen, in such cases, rapid advances toward recovery in four to six weeks, I have seen no *cures* in that time, nor do I believe them to exist.

In the progress of the treatment, it is not very uncommon that *rashes*, *boils*, or *fetid perspirations*, appear upon the surface, or that *vomiting*, *diarrhaea*, or *peculiar urinary discharges*, occur internally, or that persons who have taken mercury to the extent of salivation should have salivation reproduced. If these symptoms have occurred under a judicious treatment, they are always attended with relief, and are infallible harbingers of recovery. These changes are known as "*the crisis*." The explanation of them is simply that, as

the system is strengthened by the treatment, a vital resistance is aroused to the presence of any morbid matters, secretions, or virus, which may exist, and nature expels them through some one of the secretory organs or surfaces of the body.

Illustrations of the same thing are common in acute disease, a copious perspiration being often the turning point or "crisis" of febrile diseases, certain forms of rheumatism are attended by acid perspirations, which should be encouraged, as they free the blood from its excess of lactic acid. (Carpenter's Elements of Physiology, Par. 748.) Every one knows that, while the eruption in measles, small pox, etc., stands out well upon the surface—in other words, while the skin is made an outlet for the virus of those diseases—all is right; but if, by any means, the eruption is repelled, the virus is retained in the blood, vital organs are attacked, and death or lingering chronic disease is the result. These facts illustrate and prove a permanent law of nature in all diseases which owe their presence to morbid matters in the blood—namely, that nature struggles to throw off disease by removing it from a more vital to a less vital part, or organ, which acts an emunctory or eliminatory purpose. In a large number of chronic cases, successfully treated, no apparent "crisis" makes its appearance; nevertheless, a change exactly answering to it has slowly and insensibly taken place. The error of many water-cure physicians has been, in the judgment of the writer, to *aim to produce* a "crisis," and to allow patients to believe this *essential* to their cure; hence, both physician and patient have been tempted to *injurious excess* in the *number* and *coldness* of the baths taken, water-drinking, etc. This eagerness to produce a "crisis" has, in many instances, instead of causing a healthy excitement of the excretory system, robbed the body of animal heat faster than it could be generated, and patients have begun *instinctively to shrink from and dread treatment*, their powers of reaction diminish, the baths no more give a healthful and agreeable exhilaration, the nervous system becomes morbidly sensitive, and the patient is compelled to suspend treatment almost wholly, for a time, or abandon it entirely.

An inconsiderable number of water-cure physicians, or those who pass for such, are in the habit of using medicine freely in their establishments. We think this highly censurable, and our reasons

are: First, that a very large proportion of patients who come to establishments are, in addition to their original malady, sufferers from the morbid effects of medicine, or veritable drug diseases. Such diseases can not be radically cured while drugs continue to be administered. Second, the taking of medicine, and living upon its effects, is, with many, as much a habit as the use of tobacco or brandy is with others; and, as the habit is unnatural and ruinous, it is a great gain to the patient to have it totally broken up. Third, the water treatment, judiciously administered, is itself a wonderful tonic and excitant, and *it is not difficult*, as we know from scores of cases, to abandon the use of medicine entirely.

We do not mean to be understood that *all* medicines should be *forever disused*, and that their effects are bad, and *only* bad; but we utterly disown the practice of those would-be water-cure physicians who deal *liberally in pills and potions*. We believe they can not understand the nature and scope of the water-cure treatment, and that such practice is subversive of the great reform this treatment is capable of effecting in the art of curing disease.

Some people do not, or profess not to, believe that drugs and medicines cause *actual disease*; but evidence to the point is found in the very best medical authorities. See in *Dunglison's Medical Dictionary*, terms expressive of such diseases as *Hydrargyrosis*, *Iodism*, *Narcotism*, *Ptyalism*, etc. See "*Pereira's Materia Medica*," second American edition, vol. I, pages 234-5, 595-7, and 662, for *plain assertions* to the point. If the objector says that the effects of medicine are not, strictly speaking, unnatural and morbid, then I suppose we must admit that medicine is an aliment, that it is digested and assimilated, and every whit as physiological in its effects as bread and butter?

But again, the objector says the *bad effects* of medicines—"your drug diseases"—only follow their ignorant or unskillful administration; but the highest authority is against him here. Dr. C. J. B. Williams, in his "*Principles of Pathology*," first American edition, page 47, speaking of the exciting causes of disease, says: "I fear, too, that under this head we must confess that medicines are futile sources of disease, and that not only when *injudiciously* administered; the remedies *necessary* to cure or relieve many diseases are not uncommonly *necessary evils*; they remove one disorder by

inducing another, and are entitled to rank among the causes of disease."

It is conclusive, therefore, that drugs and medicines necessarily disturb and pervert the living and healthy actions of our bodies, and it seems they can not be claimed as "*remedies*," only so far as their effects might be less mischievous than the disease which they are given to antagonize.

Finally, we may add that we *know*, from actual and repeated trial, that fevers and other acute diseases, are quickly cured by water treatment alone, and that it offers to thousands of chronic invalids throughout the country the only fair chance of a recovery.

WATER-CURE PROCESSES.

The physiological changes aimed at in the treatment of disease by water, are accomplished mainly by the use of a small number of baths and appliances. The *number* of these baths and appliances is, however, by no means the measure of the complexity of the treatment. The judicious water-cure physician must be able skillfully to adapt the number and kind of baths, their temperature and duration, their combination and their frequency of repetition, to the disease under treatment, to the age and temperament, and especially to the existing vitality or reactive power of his patient. Some physicians, and most private individuals, use too much and too cold bathing; they thus unduly shock the nervous system, the body is robbed of animal heat, and disease inveterated rather than cured.

THE RUBBING-SHEET.—Wring a common linen sheet loosely from the water for the bath, throw it over the patient while standing; rub briskly with the wet-sheet for one to two minutes, and then immediately substitute a dry-sheet rubbing. This is a mild, safe, and invigorating bath. *Once for all*, it may be said that the patient should wet his face and neck with cold water, before going into or taking any bath of low temperature.

SHALLOW OR HALF-BATH.—This, in a mild form, is the best bath in the world for a popular every-day bath, and is as much to be preferred to the shower-bath—on account of being more safe, efficient and agreeable—as that is to no bath at all. It is taken in a long,

shallow tub. The patient sits with the lower extremities extended, which receive the principal part of the rubbing. It is a powerful tonic, sedative, or derivative, according to temperature, depth, and duration.

PLUNGE-BATH.—In this the whole body is immersed suddenly. Patients sometimes prefer to go in head first. It is a powerful tonic, and can not be borne by feeble invalids, and should be prescribed to the stronger with caution, as it is liable to disturb the head circulation.

DOUCHE.—This bath is a column of water, one to two inches in diameter, falling from eight to twenty feet. The patient stands under the stream, and changes his position so as to receive the bath on different parts of the body. This is the most powerfully exciting and tonic of all water-cure appliances. It is rarely necessary, and needs the most judicious management to obtain good results from its use.

SITS-BATH.—This bath meets a great variety of indications for treatment. It may be made strongly tonic, derivative, sedative, anodyne, or anti-spasmodic in its effects. We use it from 45° to 108° , and from two to thirty minutes.

FOOT-BATH.—This is used mainly to promote warmth and a healthful circulation in the feet, but sometimes as a derivative in congestions of the head, chest, and uterus.

WET-SHEET PACKING.—This is one of the most agreeable and most generally useful of water-cure appliances. A sheet, large or small, according to the case, is wrung tightly from water, tepid or cold, and spread upon a bed, over which two or three eomfortables and a woolen sheet had previously been spread. The patient is then wrapped in the linen sheet, and successively in each of the other coverings, and so closely as to exclude the external air. The pack is a favorite application with most patients; it is anodyne, derivative, and sudorific in its effects. We allow patients to lie in it from twenty to forty-five minutes, seldom longer.

HOT OR WARM FOMENTATIONS.—These are used as anodynes and anti-spasmodics. They are useful in dyspepsia and torpid liver; they are applied in neuralgia, cramps of the bowels, dysmenorrhea, and to obviate sleeplessness.

WET-BANDAGES.—These are applied over inflamed or irritated parts or organs. They are cooling and sedative, or anodyne and derivative, according to their management.

EXERCISE AND AMUSEMENTS.—No system of water appliances could be complete, and efficient in curing chronic disease, without being combined with exercises and amusements; and these should, as far as possible, be closely united. Very feeble patients must take some previous treatment, and be assisted in their first efforts, so as gradually to take the most vigorous exercises. In the grounds and gardens belonging to the establishment, there is a large extent of graveled walks, which afford fine places for walking and recreation in pleasant weather. In stormy weather, patients take their walks and exercises in the gymnasium. This building is one hundred feet in length by twenty-five in breadth. It is completely embowered in a grove of White Mulberry trees, and is the most spacious and pleasant hall for exercises and amusements within our knowledge. It is furnished with a ten-pin bowling bed, a ladder, hand-swings, flying course, inclined parallel ropes, perpendicular parallel poles, two sets of weights over pulleys, wicket ball and bats, legrace hoops and sticks, sparring ball, etc.

In addition to the use of apparatus, a set of calisthenic exercises is practiced daily, under a leader. Patients will be directed in the use of all exercises and apparatus by the physician, who will see that they are adapted to the disorder and strength of his patient; and they will be expected faithfully to practice prescribed exercises to the extent of their ability. Parlor exercises and amusements, evenings.

DIET.—Bathing, exercise, and a well-chosen diet, are the trio of curative agencies embraced as the leading elements in the water-cure system. Diet can not *strictly* be called *curative*, it is true, except in a negative sense; but in this sense it is of no mean importance.

Below we insert the diet table of the institution. Patients will be directed as to the disuse of any article of food likely to be injurious:

DIET TABLE.

BREAKFAST.—Baked potatoes, bread and butter, milk, rusk, cracked wheat and corn mush, Graham pudding, toast, and corn bread.

DINNER.—*First Course*—Beef, mutton, fowls, eggs, fish, or soup, with potatoes, peas, beans, carrots, parsnips, beets, vegetable oysters, turnips, squash, cauliflowers, and broccoli.

Dessert.—Rice, Indian, apple, bread, tapioca, and corn-starch puddings; or plain apple, pumpkin, custard, berry or pie-plant pies; or Brother Jonathan, baked dumplings, French custard, blanc mange, etc.

SUPPER.—Bread and butter, and plain cake or crackers, with stewed fruits—as, apples, pears, plums, cherries, currants, berries, etc.

REGULATIONS OF WYOMING WATER-CURE.

1. Persons presenting cases for examination, who do not become patients in the establishment, pay \$1. If they have a prescription, \$2 will be charged.

2. Every Monday the office will be open for gentlemen to call and report symptoms and progress, between $7\frac{1}{2}$ and 11 o'clock. On Tuesdays, the same hours, for ladies.

3. If patients find any baths to disagree; if they are not as well at any time; or if, in any respect, their wants are not carefully cared for, they will confer a favor by reporting at once to the physician.

4. No patient can be accommodated with facilities for doing washing or ironing; they must have the clothes designed for our washing in readiness *early* Monday morning, tied in a bundle, and a paper, with name of the owner, names of articles, and number of pieces, affixed to the outside.

TERMS.

Ladies' Dresses,	10 cents.
Gent's Pants,	10 "
Gent's Shirts, with collars and bosoms,	6 "
Plain Shirts, Skirts, Night Dresses, etc.,	4 "
Collars, Handkerchiefs, Socks, and Towels,	2 "

5. All articles for the wash must be distinctly marked with the name of the owner, or the proprietor will not be responsible for loss.

6. Those patients who take a room with another pay \$5.50 per week; those who take a single room pay \$6.00 per week. Extra charge is made for extra attendance.

7. Patients who take their meals or their baths at their rooms, whether from necessity or choice, will be charged fifty cents per week, extra, *for each*.

8. Patients are expected to call at the office every Saturday morning, between the hours of 7 and 9 o'clock, and pay their bills for the week.

9. Indigent persons, while charged *at all*, will be charged at the regular rates of the institution; but when their means fail, the physician will give them one, two, or more weeks of treatment, according to the length of time that they have paid at regular rates, the necessity of their case, and the opportunity to benefit them.

10. Boarders who come by the request or consent of the physician, as attendants upon very feeble patients, will be charged \$2.00 per week. The price for all others, when they can be accommodated, \$3.00 per week. Children will not be received, except as patients under the immediate care of a parent or nurse.

WYOMING WATER-CURE INSTITUTE,

"At Wyoming, Wyoming Co., N. Y.

The establishment is pleasantly situated on the western range of hills which rise abruptly from the valley of Wyoming.

A wide gorge, in front of the house, reveals the village and valley below to view; while, in the distance, the hills, covered with field and forest, stand in bold relief against the eastern sky.

The house is surrounded by more than two hundred shade and ornamental trees, including a large grove of the White Mulberry, in which stands the gymnasium building. This building is one hundred feet in length by twenty-five in width; it is furnished with a great variety of apparatus, and was erected expressly for the exercise and amusement of patients.

The grounds comprise a large extent of graveled walks and roads, and a garden of more than an acre, laid out last season, and stocked with a variety of fruits, flowers, berries, etc.

A new garden, and new walks and roads, are to be added early this season.

The springs afford a bountiful supply of the finest water; they are situated in the border of a grove, about sixty rods from the house, and at the head of the long, graveled walk leading from the house through the garden and orchard.

We have been very successful in treating the following classes of chronic disease: inflammation of the eyes, nervous diseases, fever and ague, palpitation of the heart, dyspepsia, consumption, asthma, hemorrhage of the lungs, skin diseases, and scrofulous disorders.

In the chronic diseases of females, we have been eminently successful; and we invite all sufferers of this class, even if they can neither stand nor walk, or if they have been bedridden for years, to give our mode of treatment a trial. Cases for confinement will be received, and carefully provided for, when desired.

Dr. Hayes, the physician, is a graduate of the *Jefferson Medical College, Philadelphia*, and adds to a thorough knowledge of the science of medicine, an experience of four years as the physician of a first class Water Cure.

Patients must bring for use in treatment, *two linen sheets, one woolen sheet, two comfortables, and four towels*.

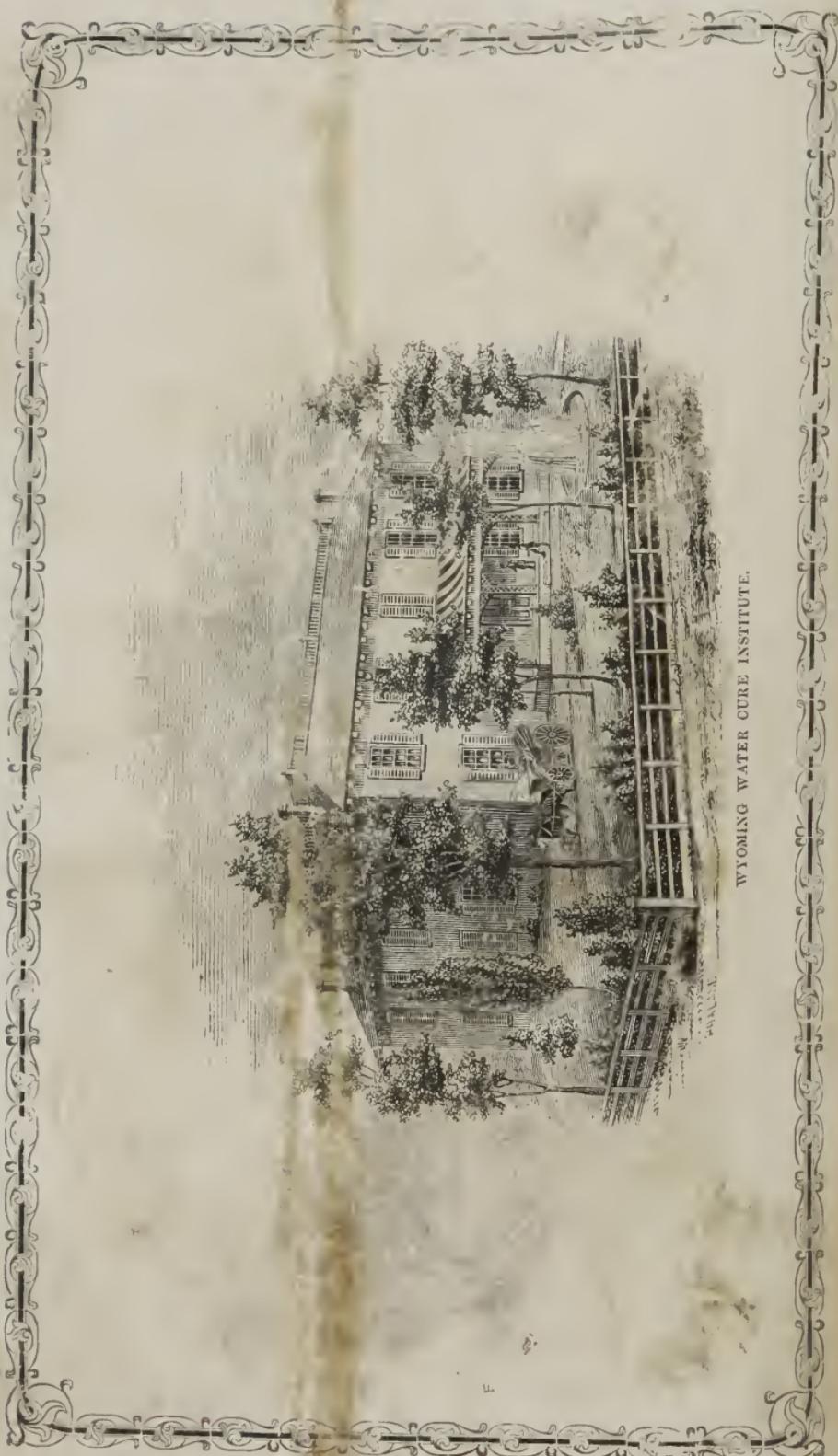
TERMS.—\$5.50 to \$8.00 per week, according to room and attendance. Bills must be settled every Saturday morning. We shall, as heretofore, waive full charge in favor of indigent and worthy persons. Such will please make application before coming.

Patients from the West stop at *Linden*, on the Buffalo and New York City Railroad, where they can easily obtain conveyance *at the station* to the establishment; or by giving previous notice, the proprietor will send his own carriage for them; distance five miles. Persons coming from the East stop at *Warsaw*. A stage runs daily from Warsaw to Wyoming, leaving after 10 o'clock, A. M. Those who give previous notice, will be met at Warsaw by the proprietor's carriage. Distance six and a half miles. A horse and carriage is kept at the establishment for the use of patients, at moderate rates.

P. H. HAYES, M. D.

WYOMING, April, 1853.





WYOMING WATER CURE INSTITUTE.

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